



The Waterline

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NEWS AND INFORMATION FOR THE NATIONAL CAPITAL REGION

U.S. Navy Memorial hosts Pearl Harbor 69th Anniversary wreath-laying ceremony

By Tracey Gold Bennett
Naval District Washington
Public Affairs

Nearly seven decades later, survivors of the December 7, 1941 Japanese attack on Pearl Harbor braved frigid temperatures on Tuesday, and assembled at the U.S. Navy Memorial in Washington, D.C. for a solemn wreath-laying ceremony.

2,402 personnel were killed and 1,282 injured during the bombing attack 69 years ago. Five of eight battleships at Pearl Harbor, Hawaii were sunk or sinking following the sneak attack. Freeman K. Johnson was a fireman on the USS Saint Louis. His memories are still vivid and poignant.



photos by MC2 Kiona Miller

Pearl Harbor survivors bow their heads during the invocation while participating in Naval District Washington's Commemorative Wreath-laying ceremony held at the United States Navy Memorial in Washington, December 7, 2010.



Rear Adm. Patrick Lorge, Commandant of Naval District Washington, and retired Rear Adm. Kleber Masterson, Jr. prepare to render honors during the Naval District Washington's Commemorative Wreath-laying ceremony held at the United States Navy Memorial.

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First Lady Dedicates New Fisher House at Bethesda

By Sarah Fortney, Journal staff writer

In her efforts to stand behind our armed forces and their family members, First Lady Michelle Obama came to Bethesda on Dec. 2 to dedicate the first of three new Fisher Houses at the National Naval Medical Center (NNMC).

The Fisher House program, established in 1990 by Zachary and Elizabeth Fisher, provides military families a place to stay, at no cost, while their loved one is in treatment. The three new 16,000 sq. ft., two-story buildings at Bethesda are in addition to two others currently in operation on campus. Each house consists of 20 suites, which include private, handicapped-accessible bathrooms. Additionally, the houses have common areas, offering large communal dining and family rooms and a multi-cooking station kitchen.

"It is a privilege and it is an honor to join you as you open the doors of this beautiful house," the First Lady said during the ribbon-cutting ceremony. "Every day, this house and others like it across this country, remind us of a simple truth that when our men and women in uniform are called to serve, their families serve too. Their sacrifice



photo by Cat DeBinder/Released

First lady Michelle Obama and Fisher House Foundation Chairman Ken Fisher cut a ribbon during a dedication ceremony for the first of three new Fisher Houses at the National Naval Medical Center. The new houses will be in addition to the two houses currently on campus.

is their family's sacrifice as well."

When a loved one is receiving treatment far away from

home, she added, there are many prohibitive costs of hotels, transportation that have kept many family members apart and placed a tremendous burden on others.

Since the Fisher House program was established, it has served more than 130 families, providing nearly 3 million days of lodging and saving families an estimated \$100 million costs of lodging and transportation.

"These numbers don't even begin to capture the impact these houses have had – the late nights families have spent in those kitchens, laughing and crying and praying together, the lifelong friendships they've maintained and the gratitude and relief they feel knowing that wherever they are, they'll have a place to call home," the First Lady said. "We know the sacrifices these folks are making, putting their careers on hold, putting their own dreams aside, often working around the clock to care for those they love."

"We're fortunate to have places like this medical center that provide world class care for our men and women in uniform," she said.

Additionally, in order to heal, she said, service members need more than just medical treatment, they also

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Keeping the fat back

By Tracey Gold Bennett
Naval District Washington Public Affairs

If getting in shape and dropping excess holiday pounds are priorities for you, MWR fitness trainer William Cole is just one of the staffers at the fitness center at the Navy Yard who can help you shed the extra weight.

Last week, Cole told the Waterline that he helped a client lose 80 pounds in 10 months. This week Cole explains what people need to know before beginning a fitness plan.

1) If you have a weight problem what should be the first thing that you do in order to begin a weight loss regimen?

If you have a weight problem the first thing you should do is consult a physician. After that a fitness professional should be contacted and a fitness plan should be implemented. The biggest problem most people have is being inconsistent. Consulting a fitness professional will allow you to add variety to your program making it more enjoyable and greater chance in being consistent.

2) Diet Soda: To drink or not to drink? Why?

Diet sodas are often worse than regular due to the fact they have artificial sweeteners. If you are going to drink sodas drink at least 64 oz. of water to flush out the artificial sweeteners of diet soda.

3) Energy Drinks: good thing or something we should be careful of because of the sugar and carbohydrate content?

Energy drinks are high in caffeine and sugars as well. They provide a short term solution but beware! The high sugar content will make you crash and you will be more tired than when



U.S. Navy Photo by Tracey Gold Bennett

MWR Fitness Trainer William Cole does a core exercise movement on a Physio-ball. Cole said that his fitness training program helped one client lose 80 pounds in less than a year.

you started.

4) What impact does age have on fitness?

After the age of 35 metabolism slows down making it harder to lose weight and easier to gain. Exercise and a consistent eating plan speeds metabolism back up.

5) How many pounds should a person lose safely per week?

Any person exercising regularly should lose between ½ pound - 2 pounds a week. Rapid weight loss can be detrimental to your health so weight loss should not exceed 4 pounds per week.

The MWR fitness center located in Building 22 at the Washington Navy Yard is open Monday - Friday 5:00 a.m. - 7:00 p.m. The telephone number is (202) 433-2282.

You're Invited! 2010 Army vs. Navy Football Game

What: 111th Army vs. Navy Football Showdown Viewing

When: Saturday, December 11, 2010, 1:00 p.m.

Where: U.S. Navy Memorial, Burke Theater, 701 Pennsylvania Ave. N.W. Suite #123, Washington, DC 20004

The Armed Forces Viewing Reception is complimentary, however you must R.S.V.P

Please send email to:
rsvp@formulasportsgroup.com
Include your name and number of people in your party.

Around the Yard "What is your New Year's resolution?"



Chelia Benjamin, Stylist Star Cuts

"I resolve to make more money in the year 2011"



Tana Miles, Clerk NEX

"To lose weight and eat more healthy foods."



Jessica Chicas

"I'm finally going to travel and see my family."

U.S. Navy photos by Tracey Gold Bennett

The Waterline

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Submissions should be free of military times

and should contain the first and last names with ranks/rates, warfare qualifications, job titles and duty station/command of all persons quoted or referred to.

All submissions must also include the author's name and office or telephone number where they can be reached. If you have further questions, call or contact the editor at (202) 433-9714, fax (202) 433-2158.

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The editorial content of *The Waterline* is edited and approved by the public affairs office of Naval District Washington.

This week in Naval history

December 9

1938 - Prototype shipboard radar, designed and built by the Naval Research Laboratory, is installed on USS New York (BB-34).

1941 - USS Swordfish (SS-193) makes initial U.S. submarine attack on Japanese ship.

1952 - Strike by aircraft from Task Force 77 destroys munitions factory and rail facilities near Rashin, North Korea

December 10

1941 - Guam surrenders to Japanese.

1941 - Aircraft from USS Enterprise attack and sink Japanese Submarine I-70 north of Hawaiian Islands. A participant in the Pearl Harbor Attack, I-70 is the first Japanese combatant ship sunk during World War II.

1941 - PBV piloted by LT Utter of VP-101 shoots down Japanese ZERO in first Navy air-to-air kill during World War II.

1950 - Evacuation operations at Wonson, North Korea, completed.

1979 - First Poseidon submarine configured with Trident missiles, USS Francis Scott Key (SSBN-657) completes initial deterrent patrol.

1982 - USS Ohio (SSBN-726), first Trident-Class submarine, returns from first deterrent patrol.

December 11

1941 - Contract establishes the Naval Salvage Service.

1941 - Wake Island Garrison under Commander Winfield Cunningham repulses Japanese invasion force.

1954 - First supercarrier of 59,630 tons, USS Forrestal (CVA-59), launched at Newport News, VA.

December 12

1862 - Confederate torpedo (mine) sinks USS Cairo in Yazoo River.

1937 - Japanese aircraft sink USS Panay in Yangtze River near Nanking, China.



Recovery operations for Apollo 17 with the aircraft carrier USS Ticonderoga (CVS-14) in the background. On Dec. 12, 1972 Capt. Eugene A. Cernan, USN, walked on the Moon during a mission that lasted 12 days, 13 hours and 52 minutes.

1941 - Naval Air Transport Service is established.

1951 - First flight of helicopter with gas-turbine engine at Windsor Locks, CT,

demonstrates adaptability of this engine to helicopters.

1972- Captain Eugene A. Cernan, USN, commander of Apollo 17, walks on the

Moon. Commander Ronald E. Evans, USN, was the Command Module Pilot. The mission lasted 12 days, 13 hours and 52 minutes. Recovery by HC-1 helicopters from USS Ticonderoga (CVS-14).

December 13

1775 - Continental Congress provides for the construction of 5 ships of 32 guns, 5 ships of 28 guns, and 3 ships of 24 guns

1941 - Commander William A. Sullivan designated the first Supervisor of Salvage with office in New York City.

December 14

1814 - British squadron captures U.S. gunboats in Battle of Lake Borgne, LA.

1944 - Rank of Fleet Admiral, U.S. Navy (five star admiral) is established.

1945 - Captain Sue S. Dausen receives the first Distinguished Service Medal awarded to a nurse.

1965 - Navy announces completion of 1,272 ft. radio tower at North West Cape, Australia, highest manmade structure in the Southern Hemisphere at that time, as a link in fleet communications.

December 15

1943 - Bureau of Naval Personnel Circular Letter on non-discrimination in Navy V-12 program.

1944 - Congress appoints first three of four Fleet Admirals.

1965 - Launch of Gemini 6 with Captain Walter M. Schirra, Jr., USN, as Command Pilot. The mission included 16 orbits in 25 hours and 51 minutes. Recovery was by HS-11 helicopters from USS Wasp (CVS-18)

1988 - End of Earnest Will convoy operations to escort reflagged tankers in the Persian Gulf.

NDW Christmas Tree lighting ceremony



U.S. Navy photo by Mass Communication Specialist 2nd Class Kiona Miller

Military personnel, DOD employees and Naval Attachés within the Washington area, along with family and friends, came together to enjoy the holiday season during Naval District Washington's Christmas Tree Lighting Ceremony at Admiral Leutze Park, December 4, 2010. During the ceremony, hosted by Rear Admiral Patrick J. Lorge, Commandant, Naval District Washington, participants gathered to sing Christmas carols at homes located on base.

Your Money: Budgeting in Lean Times

By Tracey Gold Bennett Naval District Washington Public Affairs

The lure of gifts and entertainment at holiday time can cause even the most financially prudent person to overspend. David Rowe, work and family life financial educator with Naval District Washington Warfighter and Family Services sees clients regularly who have difficulty managing their finances. He urges them to think before they charge—use credit wisely and sparingly.

"We got into this recession because of over spending. We have been spending more than we make and have been using credit to get things that we cannot afford," said Rowe.

Rowe advises families to first set a budget. "It is important for people to have budgets and to save money," Rowe said. "If you are married it is of paramount importance that both spouses are involved [with the finances] and are in agreement with the financial plan."

Rowe also urges clients to save for emer-

gencies and then begin eliminating debt.

"You should have between \$500 and \$1000 to start for an emergency fund before you start paying off debt," Rowe said.

Military wife Olivia Hunter, Program Manager for Naval District Washington's Regional Community Service Program has learned about money management during her 33 years of marriage. Hunter knows firsthand how critical budgeting can be for the military family.

"The biggest financial problem for my husband and I were the PCS (Permanent Change of Station) moves," she said. "We would go from two incomes to one income and our bills continued to be based on two incomes."

Hunter used creative methods including volunteering to cut-down on her monthly bills.

"I used the SHARE program to cut my food bill and to free up more dollars to use on other expenses. (Participants in the SHARE program volunteer a minimum of 2 hours of time in the community, then pay \$20.00. In



exchange, participants get a bag of groceries valued at \$40.00-\$45.00.)"

For Navy wife Danielle Leonard, a growing family meant that she and her husband would also have to be creative and shore-up their finances.

"Once we found out I was pregnant again, I wanted to continue to be a Stay at Home Mom. So I started looking for ways to save money," Leonard said. "I then turned to the internet and found 'Extreme Couponing' (manufacturers' coupons online)," she said. "I started saving 50% or more off my

grocery bill."

Leonard was so successful with her money saving techniques she began a money-saving blog.

"We never pay full price for anything unless it's an emergency," She said. "When we need clothes, I get them at thrift and consignment shops and I shop clearance sales."

Here are some additional financial management tips from Warfighter and Family Services:

- 1) Always have a written monthly spending plan.
- 2) Set up allotments for your dependents and regular monthly installment loans like your car, insurance, and personal loans.
- 3) Establish a bill payment plan for credit cards, utilities, phone services, etc.

For more information on financial planning, or to arrange a counseling session contact David Rowe (202)685-0982 at Warfighter and Family Services.

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Anacostia, DC 20373

FIRST LADY

Continued from 1



Photo by Cat DeBinder

In her efforts to advocate for military families, First lady Michelle Obama visited the National Naval Medical Center Dec. 2 to dedicate the first of three new Fisher Houses aboard the facility.

need "their loved ones who will travel on the road with them – the spouse that sits by their bedside that serves as their champion and their voice, day after day, the parent who pushes and encourages them week after week, the son or the daughter who reminds them of everything they have to look forward to ... That is what Fisher House provides for so many military families, that chance to be together when they need each other the most."

While in treatment at NNMC over the last year, David Chirinos said he has been grateful the Fisher Houses have provided a place for his family to stay. He couldn't imagine going through treatment without them. While serving in Kuwait a year ago, Chirinos was diagnosed with type IV cancer – an advanced stage in which the cancer spreads through multiple areas of the body.

"It makes you feel at home, and that's one of the greatest things. It's been so great. They make these houses ready for anybody to move in," said Chirinos. "You can rest and [providers can] focus on the patient, which I think is most important."

Though the Fisher family was not a military family, the First Lady noted, they had the upmost respect for those who served and they spent their lives showing their gratitude.

"They remind us that even if we're not a part of a military family, we're all a part of the American family," she said. "Every single one of us has an obligation to support the men and women who protect us and the families who love them."

"My family has instilled in us a tremendous respect and admiration for those who have dedicated their lives through service in our armed forces," said Fisher, foundation chairman and chief executive officer. "We are grateful to be joined in our efforts by thousands and thousands of patriotic and concerned Americans who are looking for a tangible way to express their thanks and support for our military families."

For more information about the Fisher House Foundation, visit www.fisherhouse.org.

Thanksgiving holiday cruise gives honor

By Leah Rubicalba Joint Base Myer-Henderson Hall

Marine Sgt. Alice Roseman dances with a veteran from the Armed Forces Retirement Home in Washington D.C. One of the criteria for servicemembers volunteering to help with the cruise is that they "can't be shy of the dance floor."

For the eighth year in a row, active duty servicemembers and veterans from throughout the National Capital Region were treated to a Thanksgiving luncheon cruise held in their honor Nov. 23.

Invited guests included servicemembers from Walter Reed Army Medical Center and the Warrior in Transition Units at Forts Belvoir and Meade, single servicemembers from each branch of the Armed Forces in the National Capital Region, and veterans from the Armed Forces Retirement Home in Washington D.C.

"Every year, we are honored to host this luncheon cruise for the wounded warriors, active duty personnel and for our veterans as a thank you for their service to our nation," said Sal Naso, vice president and general manager of Entertainment Cruises of Washington D.C.

Approximately 400 guests turned out for the cruise and boarded the Odyssey cruise ship at the marina in Southwest Washington, D.C. Joint Base Myer-Henderson Hall was well represented by personnel from the Headquarters Battalion U.S. Army Garrison, the 3rd U.S. Infantry Regiment (The Old Guard), and Henderson Hall Headquarters Company, as well as agencies assigned to JBM-HH including the White House Communications Agency and the Defense Information Systems Agency.

In preparation for the annual event, a team of military volunteers were assembled by Olivia Hunter, Naval District Washington community service program manager, and Pam Eller, Military District of Washington Family readiness specialist, to serve as table hosts for the wounded servicemembers and veterans.

"We annually recruit volunteers from all branches of the armed forces to entertain the guests at the tables they are assigned," Hunter said. "There are two criteria we look for in the volunteers – they have to have great people skills, and they



By Leah Rubicalba Joint Base Myer-Henderson Hall

Members of the military from Walter Reed Army Medical Center and the Warrior in Transition Units at Forts Belvoir and Meade along with active duty military and veterans from the Armed Forces Retirement Home were treated to a Thanksgiving luncheon onboard the Odyssey cruise line in Washington, D.C.

can't be shy of the dance floor."

As boarding began for the cruise, many of the military volunteers assisted the wounded warriors and veterans onto the ship and to their tables. All were greeted by Rear Admiral Brian LaRoche, deputy commander of the Military Sealift Command, headquartered at the Washington Navy Yard.

Before the ship pushed back from the dock, Naso provided a few opening remarks and welcomed the servicemembers and veterans onboard. He also thanked the team of volunteers who worked to help make the event happen, including members of the Southwest Washington Waterfront Association, military volunteers and members of his own staff who volunteered their time to work the cruise. "Everything today is being donated – the ship, the food, and even our service personnel have donated their time," Naso said.

The U.S. Navy Ceremonial Guard presented the colors as part of the opening ceremony, and Musician 1st Class Shana Sullivan, from the U.S. Navy Band, sang the national anthem. Air Force Chap. (Capt.) Ruth Segres, from 11th Wing at Joint Base Anacostia-Bolling, provided the invocation.

As the ship pulled back from the dock, the volunteers began serving the Thanksgiving meal, starting with the salad, followed by the turkey entree with all the fixings, and lastly a pumpkin cheesecake dessert. Guests were treated to an official sendoff by the D.C. fireboat, the John H. Glenn, as it escorted the Odyssey

out of the Washington Channel with a stunning waterworks display spouting water 70 feet into the air.

A Washington D.C. Harbor Patrol police boat provided the Odyssey with an additional escort as it made its way up the Potomac River to Georgetown and for its return trip back to the Washington Channel. Guests were able to take in the views of the many Washington monuments and points of interest along the ship's route.

After their meal, guests enjoyed entertainment in the ship's two ballrooms. The front ballroom, or the San Mateo Deck, featured music provided by the vocal trio Reflections, and the ship's D.J. spun popular dance tunes in the second ballroom, the Marin Deck. Servicemembers and veterans alike mixed and mingled on the two dance floors showing off their dance moves.

David Johnson, administrative manager for Entertainment Cruises, was pleased with yet another successful Thanksgiving luncheon cruise. "Annually it is a team effort," Johnson said, "thanks to all the volunteers."

"This was an excellent opportunity," said Staff Sgt. Abigail Evangelista, executive assistant with the White House Communications Agency. "I had never been on this type of cruise before, since Soldiers can't really afford it. The food was excellent – all three courses. And I loved having the food served instead of having to stand in line."

NDWNews



Men's Discipleship Group

A Men's Discipleship Group sponsored by the NDW Chaplain's Office, meets every Wednesday from 12-1 p.m. in Building 101, room 242. All men are cordially invited. Bible study, discipleship and prayer is the focus. For more information, please contact CDR Matt Hawks, at (202) 781-1625 or email Matt at matthew.hawks@navy.mil.

Naval District Washington Transition Assistance Program/ Executive Transition Assistance Program 2010

Registration and copy of completed DDFM 2648 (Preseparation Counseling Checklist) is required to attend; Civilian Attire; Spouses are welcomed and must register.

NSF Dahlgren Dec. 6-10

Contact Carol Allison at 540-653-1839 or carol.allison@navy.mil for more on these events.

HOLIDAY SAFETY STAND DOWN

NSA Washington and NDW will hold a holiday Safety Stand Down

Dec. 9 at the Washington Navy Yard's Admiral Gooding Center, Bldg. 22

Training times:

1st session 9 a.m.- 11 a.m.

2nd session 1 p.m.- 3 p.m.

Topics to be discussed:

- Holiday Fire Safety
- Holiday Blues
- Identity Theft
- Trip Planning
- GMT: Suicide Awareness and Alcohol

Enabling/Right Spirit Campaign

For more information contact James Peake at (202) 685-0623 or James.peake@navy.mil

Humbag High, a contemporary Christmas Carol

Join the Bolling Area Home Educators Performing Arts group as we perform Humbag High, a contemporary Christmas Carol on December 13 and 15 at 7:00 pm at the Bolling Consolidated Club ballroom. Free and open to all.

Dangerous Thresholds: Managing Escalation in the 21st Century

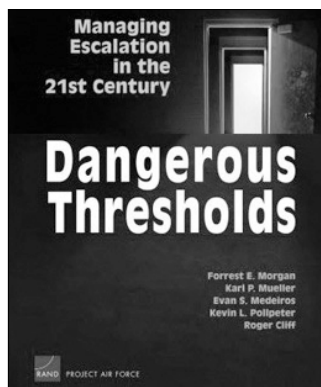
This Week's Book Review

Reviewed by
CDR Youssef About-Enein, USN

Dangerous Thresholds: Managing Escalation in the 21st Century by Forrest Morgan, et al. Published by RAND Project Air Force. Santa Monica, California. 224 pages, 2008.

The RAND Corporation has produced many incisive thought pieces on military affairs, and throughout the decades has defined the vocabulary of America's national security. RAND's better known studies were on the issue of nuclear deterrence and policy. This was however during a time when the nuclear stand-off was between the United States and the Soviet Union. This review highlights RAND's latest views on escalation in a more complex world of diffuse nuclear capabilities. The central question is pondering the whole concept of escalation in the 21st century. Escalation can be overt and covert, and each could signal hostile intent. Today there are a host of actors that require a pragmatic approach to understanding what may provoke an escalation, and how to deter an adversary. Among the challenges to escalation are China, regional nuclear powers, and actors in irregular warfare.

The book opens with clear descriptions of what escalation is, and the types of escalation, as well as an escalation management rubric. Key categories include deliberate, inadvertent, and accidental.



The chapter on China goes into seminal Chinese military documents. What they reveal are deliberate mechanisms to harness all aspects of Chinese national power to gain strategic advantage. An interesting Chinese military concept is "War Control," thinking about avoiding being placed on the defensive, and to forestall the outbreak of war. If war cannot be avoided, war control shifts to controlling its vertical and horizontal escalation. The Chinese also think about achieving the greatest strategic gain for the smallest cost. Zaoshi, is a concept focusing on thinking about ending conflict on strategic terms favorable to China. Leaders in Beijing are receptive to the concept of deterrence as evidenced by their copious writings on controlling conflict between China and its adversaries.

With regional nuclear actors, the field becomes more complex. In the conflict

between India and Pakistan, the book mentions the Indian military concept, "Cold Start." The book warns of the dangers of this military doctrine, in which Indian conventional forces exercise scenarios of rapid combined arms attacks stopping short of Pakistan's red line for deployment of nuclear weapons. This is dangerous as it assumes the Indians understand Pakistan's red lines. The book outlines thinking of an Iran with nuclear weapons; this is not defeatism, but an appreciation that Iran will be less safe with such a capability. Neighbors with nuclear weapons and those backed by nuclear powers will have to develop second strike options, and Tehran will be subject to the calculus of escalation, that is contingent upon the irrationality of human behavior. The book ends with a chapter on the many paths to escalation inherent in irregular warfare. Perhaps the most poignant sentence is that defeating militant Islamists will depend on finding ways to disrupt and destroy their networks without radicalizing greater numbers of local populations, thereby escalating the adversary's long-term struggle. This is an excellent volume for intelligence analysts, and those with a passion for thinking about warfare in the 21st century.

Editor's Note: CDR About-Enein is a student and research fellow at the Industrial College of the Armed Forces. He has advised at the highest levels of the Defense Department on issues involving the Middle East and countering terrorism. He wishes to thank Dr. Paul Severance for recommending and discussing this RAND study.

Researchers Aim to Bring Smart Phones to Warfighters

By Christen N. McCluney
Emerging Media,
Defense Media Activity

Army researchers are working to develop smart-phone technology to aid warfighters in tactical environments.

In a Nov. 30 "DOD Live" bloggers roundtable, Tony Fiuza of the Army Research, Development and Engineering Command's communications-electronics center described ongoing efforts that include a program called MACE -- short for "multi-access communications extender" -- which develops a tactical communications infrastructure that can support bringing smart phones to the battlefield.

"This is a huge challenge in that we have a security challenge for the communications network and the devices themselves," he said.

A separate effort is under way to develop applications for those devices, Fiuza said. Security involving the applications is important, he said, and researchers are working on architectural issues that come into play with downloading the applications and making sure they are secure and free of viruses or malicious code.

Another issue is figuring out the concept of operation, he added -- will every soldier receive a device, and when will they be allowed to use it?

"We're just starting to look at what can you do with the smart phone and [to] lever-

age all the research that's been done on the commercial wireless side and adapt that to a military environment that is much more austere than the commercial environment," he said.

Large cell towers are readily available in the commercial market, Fiuza said, but Army researchers are looking at more tactical and mobile solutions in working to bring the technology to austere tactical environments.

"You want to be able to take that same kind of capability and bring it down to something the size of a small dormitory refrigerator or even smaller, with an antenna that you can mount inside a vehicle or that you can mount using a transit case, and have that be your base station," he explained.

The mobile capability would provide local connectivity between cell phones and smart phones and also provide a server for applications, Fiuza said. That base station would then be connected to a military network or to other base stations.

"We're working with various organizations across the Army and [the Defense Department] to try and frame what we can do and what we should do, and using our tech development money to develop a capability that can be used on tactical battlefields safely."

Fiuza said he hopes that the researchers can demonstrate within a year a smart-phone capability on a tactical network tied to a mobile network that's tied to a military

backbone.

"Our goal is to then have that capability set at a baseline, and then bring in new capability as it is provided by commercial industry," he said.

"Initially we're probably going to focus on 3G technology as it comes in, and bring that capability in as a baseline," he said. Then, as the commercial side evolves to LTE -- which is the 4G version, which is a very different technology -- let's try and pull that into what we're doing in MACE, evolve MACE and bring that in quickly."

Fiuza said that the plan is to work with the initial start-up and continue to evolve the capability as technology evolves on the commercial side.

"As new technologies come out on the commercial side, we want to quickly bring them in, adapt it to what we want to do on the military side and then deploy it," he said.

Instead of developing phones, Fiuza said, the plan is to use commercial smart phones and modify them as needed to make them more rugged on the exterior. "We're taking a very broad view of it," he said. "We're not saying we've got to design our own military-specific cell phone."

Researchers are bringing great focus to the effort, Fiuza told the bloggers.

"It's an area we're committed to," he said. "It's something we're going to be doing for a very long time, but the focus is we want to make sure we do this intelligently."



NSA Washington-JBAB Fleet Family and Fun

Joint Base Anacostia Bolling's Warfighter and Family Services offers a number of programs that highlight the needs of Military Families.

Life Skills Education, New Parent Support Home Visitation, and the Family Employment Readiness programs illuminate the variety of programming offered to our military members and their families.

Life Skills Education

This program provides prevention and enrichment programs that are designed for individual family members, couples, and families. The programs provide knowledge, social and relationship skills for families often targeting families in various stages of the family cycle. For instance, a number of individual based classes such as stress management, conflict resolution, and anger management allow individuals to learn better skills to improve their effectiveness while deployed as well as at home.

New Parent Support Home Visitation Program

Individuals who are interested in furthering child skill development are encouraged to request services from our New Parent Support Home Visitation program which provides early intervention home visits designed to promote healthy family functioning, child development, and positive parent-child interactions. Often times this program offers referrals to outside agencies to meet specific needs of families. Home visitors are experts in the field of child development and education allowing parents to increase their knowledge through knowledge of current best practices in child rearing as well as through skill building activities.

Currently, New Parent Support offers a play-group weekly for parents of young children so that the parent child relationship can be enhanced as well as allowing adults to interact with other parents. Child development is enhanced through socialization and some respite for parents. Please contact 202-433-6151 for details.

Family Employment Readiness

One of our many Work and Family Life Programs is the Family Employment Readiness Program which assists military spouses in their search for employment. The National Capitol Region represents a diverse area thus increasing employment opportunities for military family members. While the opportunities are many, the techniques needed for taking advantage of many of these opportunities often require experience, advance education and a bit of tenacity. Since resumes are the vehicle by which an individual has to market themselves, having one that captures the reader's attention requires a writing style most individuals aren't used to. Work and Family Life Programs offers classes such as: Resume Writing, Career Planning, Interviewing Skills, Federal Resume Writing, and Job Search Strategies among others to meet the needs of family members seeking employment or military members transitioning to another stage of their life experience. If you're interested, call 202-433-6151 for a copy of the calendar and be ready for an exciting experience.

Defense Centers for Excellence (DCoE) Upcoming Conferences

Addressing the Behavioral Health of Military Troops

Jan. 13, 2011
9 a.m. - 4 p.m.
Howard Univ Hospital Towers Auditorium
2041 Georgia Ave, NW
Washington, DC 20060

This 1-day workshop is designed to educate psychiatry residents and other behavioral health providers about the cultural and clinical concerns of military service members so they can better assist our newest generation of warriors and in a variety of medical and community settings.

2011 Suicide Prevention Conference,
March 14-17, 2011

2011 Warrior Resilience Conference,
February 7-8, 2011

FFR/MWR Phone numbers

Child Development Programs

Child Development Center 1(202) 767-2890
Child Development Center 2(202) 404-8071
Child Development Center 3(202) 433-0771
Child Development Homes(202) 433-3223 or (202) 404-1454
Regional Child Placement Office(202) 433-3055 or (877) 269-9322
Regional Child & Youth School Liaison Office(202) 433-0942

Family Housing

NSF Anacostia, bldg. 419(202) 433-0346
JBAB Housing Office 1, Bldg 414(202) 433-0346
JBAB Housing Office 2, Bldg 21(202) 404-6828

Fitness Centers & Information, Tickets, and Tours (ITT)

NSAW Fitness Center, Bldg. 22(202) 433-2282
JBAB Fitness Center 1, Bldg 15(202) 767-5895
JBAB Fitness Center 2, Bldg 419(202) 433-2962
Washington Navy Yard, bldg. 22(202) 433-2282/2829

Warfighter and Family Service

NSF Anacostia, Bldg. 72(202) 433-6151
JBAB WFS Bldg 72(202) 433-6151
JBAB WFS Bldg 13(202) 767-0450

Liberty Program (E1-E6 Single/Unaccompanied Service Members)

NSF Anacostia, bldg. 72(202) 433-2636
Liberty Center, bldg. 72(202) 685-1802
JBAB Liberty Program Office, Bldg. 72(202) 433-2636
JBAB Liberty Center, Bldg. 72(202) 685-1802

Food & Beverage

Catering and Conference Center, WNY Bldg. 211(202) 433-3041
Mordecai Booth's Public House, WNY Bldg. 101(202) 678-0514 or (202) 433-3041
Furnari Restaurant, JBAB Bldg. 418(202) 433-2574

Other Important Numbers

WFR Administrative Office, JBAB Bldg. 12(202) 767-7707
WFR Marketing and Special Events Office, JBAB Bldg. 12(202) 767-1371
Gateway Inns and Suites, JBAB Bldg. 602(202) 404-7050
MWR Sports Program/Sports Complex Rental, JBAB Bldg. 419(202) 685-0483
Outdoor Recreation, JBAB Bldg. 928(202) 767-9136
Vehicle Storage(202) 767-9136/8562

WREATH

Continued from 1

"It was scary," Johnson said, "You could hear the machine guns firing."

Johnson's daughter C.J. Landry was unaware of her father's experience at Pearl Harbor until she became an adult. "We didn't know until our early twenties," she said. "He never spoke about it, but he raised us to be patriotic. We come from a highly patriotic family," Landry said.

Frank Yanick was a director pointer onboard the USS Phoenix on the day of the surprise attack.

"I feel extremely proud," he said choking back tears. "I pulled the trigger and knocked a few planes down," Yanick said. "As a young man, after that, I was ready for anything, I felt big and strong."

Yanick's son, Frank Yanick Jr. accompanied his father to this memorial ceremony as he does every year. "I'm so proud of him and [how he fought for] the freedoms we have."

Seaman Anthony Sanchez, part of the U.S. Navy Ceremonial Guard's firing party, delighted in meeting the Pearl Harbor survivors and hearing their stories. "It's great to connect with this piece of history," Sanchez said. "We get to shake their hands and appreciate them as much as they appreciate us."

Seaman Affeya Grant, a newly minted Ceremonial Guardsman also understands the need to pay tribute to service-members of the past. "It's an honor to give thanks because you never know what position you will be in," she said.

Rear Adm. Patrick J. Lorge, Commandant, Naval District Washington and Rear Adm. Kleber S. Masterson Jr. USN (Ret), son of the late Vice Adm. Kleber S. Masterson, Sr. (USS Arizona) thanked the survivors for their service and presented each with a commemorative certificate.

Property Moves

Did you know?

It is the customer's responsibility to remove personal property from their attics, crawl spaces or similar storage areas within the residence?

What does this mean to you?

You can avoid a potential delay in the pick-up or delivery of your personal property shipment by moving your personal property out of those restrictive areas. Department of Defense regulations do not require moving company personnel to move furniture in or out of areas that:

- Are not accessible by a permanent stairway
- Are not adequately lighted
- Do not have a finished/solid floor
- Do not allow a person to stand

Please do not hesitate to visit the nearest Personal Property Processing Office or Transportation Management Office at your location, or contact our office at the following website:

<http://www.belovir.army.mil/jppsowa>.

Navy Band concert



U.S. Navy Photo by MUC Stephen Hassay

U.S. Navy Concert Band saxophone section performs during an afternoon concert at the Hyton Performing Arts Center in Manassas, Va.

The United States Navy Band presents its annual Holiday Concert at DAR Constitution Hall located at 1776 D Street NW in Washington, D.C., on December 18 at 7:30 p.m. and December 19 at 3:00 p.m. The concert entitled "Season of Magic" will feature the Concert Band, Sea Chanters chorus, Country Current and select members of the Commodores and Cruisers.

Both performances are FREE, but tickets are required.

Note: Tickets for the performance on Sunday afternoon on December 19 are no longer available.

More information about tickets is available online:

http://www.navyband.navy.mil/holiday_concert.shtml

MCPON sends 2010 Holiday Message to the Fleet

Special from Master Chief Petty Officer of the Navy (SS/SW) Rick D. West

Master Chief Petty Officer of the Navy (MCPON)(SS/SW) Rick D. West released the following Holiday message to the fleet Dec. 1:

"Shipmates and Navy Families,

In anticipation of the holiday season, I would like to take a few minutes to wish you 'happy holidays' and to thank you and our Navy families for the outstanding service and support that you provide our great Navy and nation every day. I could not be more proud of you!

As you know I'm a competitor, and this holiday season I have a challenge for each of you. Are you up for it? The challenge is simple. Be mindful of your shipmates' holiday plans and don't leave any shipmate behind. Take the time to find out what plans your shipmates have over the holidays. No one should be left alone sitting aboard a ship, in the barracks or at home. You've worked hard all year and so have they. Just as our nation supports us and our Navy, let's support each other by making this season one where we are providing our shipmates with the best holiday memories that we can as a Navy family.

Take on this challenge and you'll receive the gift of pride knowing that we each contributed towards making this a memorable and joyous holiday season for our entire Navy family.

Additionally, I would be remiss if I didn't mention and thank those out doing the job. Today, thousands of our shipmates are deployed around the world vigilantly keeping the watch and ready to answer our nations call. Thank you for working hard for our nation's freedom.

As we bring 2010 to a close, please remember to keep safety at the forefront of your daily activities both on and off duty. We've had a great year in safety, and I want to see you continue this trend throughout the end of the year and into 2011.

Happy Holidays, Shipmates, and HOOYAH!"



U.S. Navy photo by MC2 Marc Rockwell-Pate

Master Chief Petty Officer of the Navy (MCPON) Rick D. West answers questions from Sailors during an all-hands call at Naval Air Station Sigonella. West visited Sigonella during a 10-day trip throughout the European theater.

CSADD chapters recognized for top programs, look ahead to 2011

From Chief of Naval Personnel Public Affairs

The chief of naval personnel (CNP) is recognizing the 2010 Coalition of Sailors Against Destructive Decisions (CSADD) sea and shore chapters of the year, and has laid out the group's themes for 2011.

"This program was designed as a resource for active and reserve Sailors, Reserve Officers Training Corps (ROTC) candidates and Junior Reserve Officers Training Corps (JROTC) programs to promote good decision making processes, enabling leadership development and influence among peers at the most junior levels," said CNP Vice Adm. Mark Ferguson.

Established in June 2010, CNP announced in NAVADMIN 376/10 the first annual CSADD sea and shore chapters of the year, USS San Jacinto (CG 56) and Naval Submarine Base New London, respectively.

Sailors aboard San Jacinto earned their title as the sea chapter of the year by developing a program titled "The Lost," which revealed how poor decisions impact the lives of Sailors and their families. Moving beyond their own ship, chapter members actively sought to share their ideas with other afloat units along the Norfolk waterfront, while also encouraging other commands to establish CSADD chapters.

In Groton, Conn., home of the New London submarine base, CSADD members created video messages with the Naval Safety Center, sparking other chapters to consider using similar visual communication opportunities to reach Sailors. These messaging efforts were specifically highlighted by Ferguson when announcing the command as the shore chapter of the year, and he encouraged other chapters to emulate the same kind of outreach.

"The first year of CSADD has been a huge success with over 100 chapters established throughout the Navy. Our young Sailors are taking leadership roles within their local chapters and having a very positive impact on their shipmates, within their commands and across our Navy," said CNP Fleet Master Chief Scott Benning.

Following the successful first year exemplified by the Sailors of the San Jacinto and New London chapters, CNP turned his attention to 2011. NAVADMIN 379/10 was

See **CSADD**, page 12

BUPERS Online 'OMPF - My Record' gives Sailors real-time access

From Navy Personnel Command Public Affairs

The "Official Military Personnel File (OMPF) - My Record" was added to the Sailor Career Toolbox, an online collection of career management tools accessible through the BUPERS Online portal, Nov. 29.

Formerly called Web-Enabled Record Review, OMPF - My Record is one of the many career tools used to confirm personnel information featured in the Sailor Career Toolbox. This change aligns the Navy with the naming convention used by the National Archives.

"By selecting 'OMPF-My Record,' Sailors can view documents in their OMPF, previously known as the 'microfiche record,'" said Chief Personnel Specialist Carol T. Fister, Navy Personnel Command (NPC) Records Management Policy Branch senior enlisted advisor. "These are the same documents viewed by selection boards when considering candidates for advancement and special programs. Using OMPF - My Record is much easier and quicker than the old process of requesting to have a CD be mailed to you."

The Sailor Career Toolbox is posted on the NPC website at www.npc.navy.mil/CareerInfo/CareerToolbox/.

There, service members find information on the career management tools needed to enhance professional growth, verify person-



U.S. Navy photo by MC2 Daniel Gay

Personnel Specialist Seaman Apprentice Bernardo Tavarez sorts through a field service record at Personnel Support Detachment Mayport. Tavarez is part of a team that is breaking down records to scan them as digital files.

nel information and explore career opportunities. Some of the tools included in the Sailor Career Toolbox are the Electronic Service Record, Career Management System/Interactive Detailing, Navy Knowledge Online and Navy Credentialing Online.

"With OMPF- My Record, Sailors can securely view, download and print documents, but they should be cautioned against downloading and saving these documents to a PC at work or at the library that others

also use," Fister warned. "All of these documents contain personally identifiable information that could be used by others to steal a Sailor's identity. We do not want anyone to become a victim."

In the Sailor Career Toolbox service members will also find another important resource, the Command Career Counselor Toolbox.

"The Command Career Counselor Toolbox is a 'must have' for counselors and leaders," said Senior Chief Mass Communications Spe-

cialist Maria R. Escamilla, assigned to the Sea Warrior Program.

"The Command Career Counselor Toolbox provides eight online tools and the actions required to support Sailors, covering the areas of career information, retention and professional development programs. Some of the tools included are Career Information Management System, Perform to Serve/FleetRIDE and Navy Retention Monitoring System."

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Senior Enlisted Continuation Board results released

From Navy Personnel
Command Public Affairs

More than 96 percent of candidates reviewed by the Navy's Senior Enlisted Continuation Board were selected to continue service, according to Navy officials Dec. 1.

"Performance is the priority," said Vice Adm. Mark Ferguson, chief of naval personnel. "Based on the selection criteria, the board recommended for selection those candidates considered fully qualified to serve in their current pay grade and rating."

Of the 9,096 eligible active duty, full-time support and Reserve candidates reviewed, 8,760 members were approved for continuation.

According to the precept, which outlined what information board members may or may not consider from a record, "documented misconduct" and "substandard performance" were the primary reasons a Sailor should not be selected for contin-



Official U.S. Navy file photo

ued service.

Some examples of substandard performance or misconduct include "significant problems" or "progressing" promotion recommendations, declining performance from the same reporting senior, military or civilian convictions and non-judicial

punishment.

After the board concluded, Sailors not selected for continuation were personally notified by their commands prior to the results posting on BUPERS Online. Members not selected for continuation will retire no later than June 30, 2011.

The Senior Enlisted Continuation Board is a performance-driven review of master chiefs, senior chiefs and chiefs with more than 19 years of service and three years time-in-grade.

Candidates can now check their status at www.bol.navy.mil.

Operational Stress Control program poll reveals some progress

By Lt. Jennifer Cragg
Defense Media Activity

The coordinator of the Navy's Operational Stress Control (OSC) program discussed with bloggers and online journalists the Navy's OSC program and its success in increasing awareness of operational stress and the need to build psychological resilience during a DoDLive Bloggers Roundtable Dec. 1.

Capt. Lori Laraway, coordinator of the Navy's OSC program, also discussed the latest Quick Poll survey results.

While high operational tempo and manning issues continue to remain in the forefront for deployed Sailors, the Navy's OSC program is having success assisting Sailors and their families deal with related stresses, said Laraway.

"Feedback from our 2010 Behavioral Health Quick Poll, Naval Personnel Command poll, other surveys and focus groups indicated growing awareness of the Navy's Stress Continuum Model and the importance of leaders and individuals recognizing stress at work and home," said Laraway. "However, while awareness and stress issues are improving, this year's Quick Poll respondents also indicated that longer deployments and manning issues continue to contribute to increasing levels of their stress."

Laraway said based on the Quick Poll they did see a larger percentage of Sailors reporting positive ways they are coping with stress in their day-to-day lives. Based on the survey, they were certainly talking to family, friends, shipmates, Fleet and Family Support Centers, their chaplains and using their chain of command to constructively solve problems, said Laraway.

While awareness of stress issues is improving, OSC supports an aggressive, education, training and communication campaign that integrates policies and initiatives under one over-arching umbrella.

"Training has expanded this past year to include eight new e-learning courses designed for Navy leaders," said Laraway.

These web-based offerings are part of the Navy's effort to embed OSC concepts across all education and training programs. This new curriculum builds on courses already taught to 176,000 Sailors, family members and healthcare providers to navigate stress for day-to-day operations.

While OSC is about helping commands, their Sailors and families to become more resilient by increasing their ability to prepare for, recover from and adjust to life in the face of stress adversity, trauma or tragedy, their curriculum has also been advanced to assist families cope with stress.

"A mission-ready Sailor incorporates a mission-ready family. When things are going on in the home or in the family that are causing stress, it has an impact on the Sailor's ability to perform the mission," said Laraway.

Laraway added that the OSC program developed training and formal curriculum, working with the Fleet and Family Support Centers, specifically tailored for families that would complement and support existing programs. Additionally, Laraway explained other ways they are disbursing the vital information to family members.

"Our curriculum has been translated into Spanish and American sign language, recognizing that English is not only the primary language to get information out to families," said Laraway.

The OSC program is also working with the Navy Medicine Focus Program to develop relationships with families who deploy more frequently, said Laraway. By doing so, the OSC training components includes, recognizing what stress zones our Sailors and their family members may fall into all in the same, common language, which is vital to understanding our stress points.

"What we are teaching or presenting to Sailors and Marines is the same language that family members here at the Fleet and Family Support Centers," said Laraway. "That common language is very important when looking to change our culture."

The OSC has developed four distinct color-coded categories to assist in classifying and recognizing stress — green indicates a "ready" status, yellow indicates a "reacting" status, orange indicates an "injured" status and red indicates an "ill" status.

"We recognize that for the most part, our Sailors and families are in the green zone. They are physically fit, they have had good training, they have good communication skills, they know what to do and how to go about doing it," said Laraway.

If our Sailors and their families have the resiliency and life experience, as well as the training and knowledge, they can move back into the green zone, said Laraway. She also said that occasionally something happens to shift the stress in the

"A mission-ready Sailor incorporates a mission-ready family. When things are going on in the home or in the family that are causing stress, it has an impact on the Sailor's ability to perform the mission."

Capt. Lori Laraway

family, and it is perfectly normal to move across the continuum.

An important ingredient of OSC success is increasing the acceptance of seeking help for stress related injuries and illnesses, said Laraway.

"Our work to change attitudes has begun with promoting Navy's leadership belief that asking for assistance and guidance is a sign of strength and not weakness," said Laraway.

She added that they are dedicated to using humor as a method to teach leaders and Sailors to recognize their stress zones and established a social media presence with their blog and Facebook accounts.

For navigating stress tips and OSC information, visit www.navynavstress.com.

Connect with OSC through Facebook at www.facebook.com/navstress and Twitter, www.twitter.com/navstress.



U.S. Navy photo courtesy of Northrop Grumman Shipbuilding

The future USS Arlington (LPD 24) launched Nov. 23 from Northrop Grumman Shipbuilding's Pascagoula shipyard, marking a key milestone in the ship's construction process. Arlington honors the 184 victims who died when American Airlines Flight 77 crashed into the Pentagon Sept. 11, 2001, as well as the first responders from the county.

Future USS Arlington launched

From Program Executive Office
Ships Public Affairs

The future USS Arlington (LPD 24) launched Nov. 23 from Northrop Grumman Shipbuilding's Pascagoula, Miss., shipyard, marking a key milestone in the ship's construction process.

Arlington honors the 184 victims who died when American Airlines Flight 77 crashed into the Pentagon Sept. 11, 2001, as well as the first responders from the county.

"The courage and heroism of the people aboard the flight, and in the Pentagon, will never be forgotten by the American people," said former Secretary of the Navy Gordon England.

Arlington is the eighth ship of the San Antonio class of landing platform docks and is scheduled to be christened in early 2011. Arlington will be an important element of future expeditionary strike and amphibious ready groups, supporting improved warfighting capabilities, including an advanced command-and-control suite, increased lift-capability in vehicle and cargo-carrying capacity and advanced ship-survivability features.

The ship will serve as an effective sea-based platform for the Marines, projecting power ashore through the mobility triad of high speed landing craft air cushioned vehicles, expeditionary fighting vehicles and the Osprey MV-22 tilt-rotor aircraft.

Arlington's sister ships have already served as flagships for anti-piracy operations off the coast of Somalia and have provided humanitarian assistance and foreign disaster relief operations in support of the government of Haiti.

Five ships from the San Antonio class have already been commissioned, including USS San Antonio (LPD 17), USS New Orleans (LPD 18), USS Mesa Verde (LPD 19), USS Green Bay (LPD 20) and USS New York (LPD 21). The future USS San Diego (LPD 22) is also in production at Northrop Grumman's Pascagoula shipyard and will be completed in 2011. The future USS Anchorage (LPD 23) will be launched at Northrop Grumman's Avondale shipyard in early 2011.

"The first year of CSADD has been a huge success with over 100 chapters established throughout the Navy."

CNP Fleet Master Chief Scott Benning

CSADD

Continued from 8

released to focus the efforts of CSADD chapters throughout the Navy during the upcoming year by providing monthly themes, which are:

January – Operational Unplanned Pregnancy Prevention
February – Fleet and Family Support Centers
March – Physical Health Readiness
April – Sexual Assault Prevention and Response
May – Operational Stress Control/Suicide Awareness
June – Driving Safety (Texting/Speed/Seatbelts)
July – Off-Duty Recreation
August – New Age Drug Awareness
September – CSADD Volunteer Outreach Month
October – Domestic Violence
November – Great American Smokeout
December – Drunk and Drugged Driving

"These topics were designed to provoke thought and inspire young leaders within our Navy to discuss these issues with their peers and create awareness through a variety of activities developed and executed at the most junior level," said Ferguson.

CSADD encourages positive peer influence and behavior while at the same time bringing together online social networking with face-to-face interaction. All commands are highly encouraged to energize this group of leaders to help grow success within their commands and throughout the Navy.

"We are 'America's Navy: A Global Force for Good' and in participating in CSADD our Sailors are learning that the 'good' starts with their leadership. By engaging with their shipmates, these Sailors are enabling their personal growth and success while also contributing to the success of others. Our young Sailors are amazing and they make me proud each and every day with their continued efforts to contribute," said Benning.

To learn more about the CSADD program, visit www.facebook.com/pages/Coalition-of-Sailors-Against-Destructive-Decisions-CSADD/299642495316.

Navy scientists, engineers show Midshipmen around Dahlgren

By John Joyce
NSWCDD Corporate
Communications

The importance and impact of technology in the past, present and future Fleet have been subjects of intense study and discussion at U.S. Naval Academy classrooms since its inception.

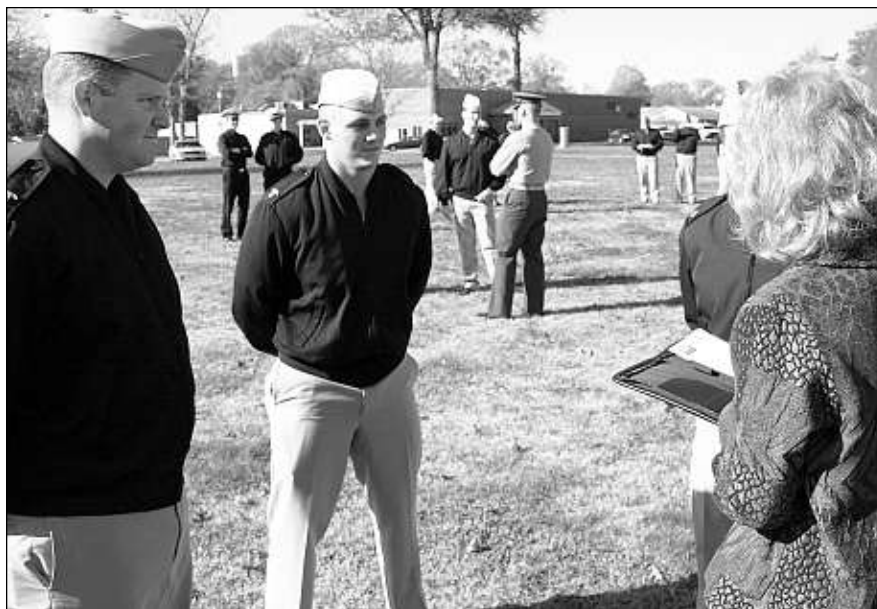
What's more, Academy midshipmen embark on ships and submarines and become more familiar with the mission, tasks and equipment of the four largest naval warfare areas: Surface, Subsurface, Aviation and Marine Corps. As a result, they gain an experience and understanding of warfighting technologies the classroom could never offer.

This year, 20 midshipmen and four instructors from the Naval Academy added a one-day field trip to the Naval Surface Warfare Center at Dahlgren, Va., to their itinerary and saw how technological advancements and systems integration are transforming current and future warships — and their crews.

"It's exciting to see technology I'll be using in the future," said Midshipman First Class Conner Bench, from Seattle, Wash. "I was really impressed with the breadth of technical capabilities here."

"It's interesting to see how technologies are developed and applied to the actual Fleet in present and future operations — from the 1950s to Railgun," added Midshipman First Class Ben Bennett, a political science major.

Bench, Bennett and their classmates toured the gun line where testing has been conducted since 1918 and stepped into labo-



U.S. Navy photo by Jon Dachos

U.S. Naval Academy midshipmen are briefed at the NSWC Dahlgren Potomac River Test Range Nov. 19 during a tour that also featured the Electromagnetic Railgun, Integrated Warfare Systems Laboratory and the Human Performance Lab. The 20 midshipmen and four instructors toured the gun line where testing has been conducted since 1918 and stepped into laboratories designed to shape the Navy's future.

ratories designed to shape the Navy's future with technologies such as the Electromagnetic Railgun. They also saw the Integrated Warfare Systems Laboratory (IWSL) and the latest Human Systems Integration (HSI) advancements impacting warships. Human Factors engineers briefed the Midshipmen on the proposed two final draft designs for the USS Gerald R. Ford (CVN-78) and USS

Abraham Lincoln (CVN-72) Combat Direction Centers (CDC).

"The engineers from the IWSL, railgun, gun line, and the Human Performance Laboratory provided the midshipmen with a good overview of all the unique systems and platforms that Dahlgren brings to our nation," said Jon Dachos, NSWC Dahlgren HSI Command Center Design lead engineer. "Our

team showed the midshipmen technology similar to what they're studying in their final year at the Academy — technology they'll be using in the very near future as Marine Corps or Navy officers."

Midshipmen talked about combat systems with Navy scientists and engineers, asking questions they may not have been able to ask in class about new and developing systems they are reading about in their textbooks.

"It's really great for the class to see new technology that they've heard about at the place where it is under development," said Naval Academy instructor Lt. Cmdr. Ellery Blood. "The tours were excellent and gave the students a lot of good information to take back with them."

For example, midshipmen took back knowledge and understanding of the Navy's HSI process that includes modeling and simulation, mock-up (small and large scale), 3D human factors engineered CAD (computer-aided design) walkthroughs, and relevant Fleet participation in warfare scenarios to verify the USS Gerald R. Ford CDC design layout.

"A tour like this offers the opportunity to talk to the builder and designer," said Dachos. "The teaching staff also left with ideas on how to update their curriculum. This offers another chance for Dahlgren to support the Fleet by providing updates to the combat system material taught to 1,000 midshipmen per year in the principles of Naval Weapons Systems course of Instruction for the U.S. Naval Academy, Officer Candidate School, and Reserve Officer Training Corps. All programs use the same textbook."